

# Tej Kiab Khw Thiab Koob Tshuaj

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Lub Xeev Minnesota npaj yuav txhaj tshuaj rau txhua tus neeg nyob hauv Minnesota uas muaj 16 xyoo rov saud. Tiamsis, lub Xeev yuav txhaj mus raws koj txoj haujlwm: Cov xib hwb qhia ntawv E-12, cov neeg ua haujlwm rau tej tshuab ua zaub mov, cov neeg ua liaj teb, cov neeg ua haujlwm hauv tshav dav hlau, cov neeg ua haujlwm zov menuam, tej tsev loj cum, cov neeg kws teb rau xwm ceev, kev tsim ua zaub mov, muag zaub mov hauv khw, npaj ua zaub mov, kev tsim khoom ub khoom no, cov neeg ua haujlwm saib xyuas kev noj qab haus huv hauv zos, cov neeg ua haujlwm tsav npav lossis chaw tsav npav, thiab cov neeg ua haujlwm rau Chaw Xa Ntawv Hauv Tebchaws Mekas.

Koj thiab koj lub lag luam nyob raws pab pawg no. Cov neeg ua haujlwm hauv tej kiab khw thiab khw muag zaub mov noj tau ua ib txoj haujlwm tseem ceeb los pab lub zej zog noj qab nyob zoo rau lub sijhawm muaj kab mob kis thoob qab ntuj. Peb xav kom koj paub txog tej kev npaj txhaj tshuaj rau koj cov neeg ua haujlwm thiab pab peb qhia koj cov neeg ua haujlwm kom paub mus txhaj tshuaj rau qhov twg.

## Mus Txhaj Koob Tshuaj

Txoj kev zoo tshaj rau koj cov neeg ua haujlwm mus txhaj tshuaj yog qhia kom lawv mus tso npe hauv lub Xeev Lub Twj Nrhiav Koob Tshuaj nyob hauv lawv lub vas sab. Qhov koj tso npe rau lub twj no yuav pab ceev tej ntaub ntawv tiav mus teem tau ib lub sijhawm txhaj tshuaj ntawm tej chaw txhaj tshuaj nyob hauv lub xeev: Minneapolis, Duluth, Rochester, Bloomington, Eagan, Saint Paul, St. Cloud, Mankato, Oakdale, thiab Lino Lakes. Ua tib zoo xaiv tias koj yog tus neeg "Ua haujlwm hauv kiab khw zaub mov" ces lub twj mam li muab koj tso npe ua thib mus teem sijhawm txhaj tshuaj.

Thaum xaiv koj mus teem sijhawm lawm, lub chaw txhaj tshuaj mam li xa ib tsab email thiab/lossis ntawv mus rau tus neeg ua haujlwm yam li sawv cev rau lub Xeev (xws li los ntawm PrimaryBio, Vault, Specialist). Ces lawv mam xaiv teem ib lub sijhawm uas haum rau lawv mus tom tsev txhaj tshuaj.

Lub twj Nrhiav Koob Tshuaj muaj ua 4 yam lus:

- English - <https://vaccineconnector.mn.gov/en-US/>
- Spanish - <https://vaccineconnector.mn.gov/es-ES/covid-19%20vaccine/>
- Somali - <https://vaccineconnector.mn.gov/nl-NL/covid-19%20vaccine/>
- Hmoob - <https://vaccineconnector.mn.gov/da-DK/covid-19%20vaccine/>

Cov neeg nyob hauv Minnesota hu tau mus rau lub Minnesota Department of Health kab xov tooj pab rau COVID-19 ntawm 1-833-431-2053 yog lawv xav tau kev pab txhais lus thiab muaj lus nug txog kev tso npe rau lub twj Nrhiav Koob Tshuaj. Kev mus txhaj tshuaj yog dawb xwb, cov neeg nyob hauv Minnesota yuav tsis tas nij ib daim npav ID los ntawm tsoom fvw lossis ntawv pov hwm kev kho mob thaum tuaj txhaj tshuaj, thiab yuav tsis nug txog tej ntaub ntawv nyob hauv tebchaws no.

Lub twj Nrhiav Koob Tshuaj yuav pab nrhiav chaw txhaj tshuaj rau koj yam yooj yim siv xwb. Tiamsis kuj tsis yog lub twj no thiaj pab tau koj xwb. Koj siv tau peb cov twj no uas muaj duab [Nrhiav Chaw Txhaj Tshuaj](#); mus siv [CDC Lub Twj Nrhiav Koob Tshuaj](#) nyob hauv lawv lub vas sab; lossis tiv tauj koj lub tsev muag tshuaj, koj tus kws kho mob, lossis koj lub chaw haujlwm saib xyuas kev mob nkeeg hauv koj zos txog tej hhwv tsam mus txhaj tshuaj.

Peb mob siab xav kom txhua tus neeg nyob hauv Minnesota mus txhaj tshuaj tau.

## **Tej Kev Txhawj Xeeb Txog Koob Tshuaj Thiab Tej Kev Pom Zoo**

Tej koob tshuaj COVID-19 nyab xeeb siv tau thiab ua haujlwm zoo, thiab yeej txhawb kom koj tham nrog koj cov neeg ua haujlwm npaj tswv yim rau lawv mus txhaj koob tshuaj.

- Thaum koj mus txhaj koob tshuaj COVID-19, tej zaum koj yuav hnov mob ntawm qhov chaw hno koob, mloog tau li mob ib ce lossis nkees, lossis mob taubhau. Ib txhia tibneeg lub ce txiav lossis ua npaws. Nws kuj tsis ua cas thiab yog koj tsis pom muaj mob dabtsi tom qab! Txhua tus neeg nyias yuav txaww nyias tom qab kev txhaj tshuaj tag.
- Thaum koj mus txhaj koob tshuaj COVID-19, tej zaum koj yuav hnov mob ntawm qhov chaw hno koob, mloog tau li mob ib ce lossis nkees, lossis mob taubhau. Ib txhia tibneeg lub ce txiav lossis ua npaws. Nws kuj tsis ua cas thiab yog koj tsis pom muaj mob dabtsi tom qab! Txhua tus neeg nyias yuav txaww nyias tom qab kev txhaj tshuaj tag.
- Qhov tseem ceeb tshaj yog cawm tau ib txaosia, koob tshuaj COVID-19 pab cawm tibneeg txaosia. Koob tshuaj COVID-19 nyab xeeb siv tau thiab ua haujlwm zoo.
- Yog xav paub ntxiv, thov mus xyuas Community Communications Toolkit (ntaub ntawv pab rau pej xeem zej zog) uas yuav qhia txog txhua koob tshuaj thiab tau muab txhais ua ntau yam lus: <https://www.health.state.mn.us/diseases/coronavirus/vaccine/communitytk.html>

## **Nyob Nyab Xeeb Mus Ntxiv**

Lub xeev tau tsim tej tswv yim sau phau hom phiaj tiv thaiv kab mob COVID-19 uas qhia txog tej kev cai thiab lus taw qhia pab kom koj cov neeg ua haujlwm thiab cov qhua nyob nyab xeeb. Mus xyuas paub ntxiv:

- Lus Taw Qhia Sau Phau Hom Phiaj Tiv Thai Kab Mob COVID-19: Tej kev cai tseev kom txhua lub Lag Luam thiab lwm Koom Haum ua ([https://dli.mn.gov/sites/default/files/pdf/COVID\\_19\\_preparedness\\_plan\\_requirements\\_guidelines\\_businesses.pdf](https://dli.mn.gov/sites/default/files/pdf/COVID_19_preparedness_plan_requirements_guidelines_businesses.pdf))
- Lub Taw Qhia Stay Safe Rau Txhua Lub Lag Luam Koom Haum (<https://staysafe.mn.gov/industry-guidance/all-businesses.jsp>)
- Txhua lub sijhawm yuav tsum looj tej ntaub npog qhov ncauj (masks) hauv tsev, thiab nraum zoov thaum sib nrug deb tsis tau li ntawm 2 dag.
- Nyob twj ywm tsev yog tias koj: muaj tej tsos mob COVID-19; tau kuaj tias positive; tau mus kuaj lawm tiamsis tseem nyob tos seb tej tsos mob lossis kev mus nyob ze lwm tus puas yog mob tiag; lossis tau mus nyob ze ib tug neeg uas mob COVID-19.

- Yog tias koj kuaj yog mob positive lossis muaj tej tsos mob COVID-19, nyob twj ywm tsev thiab nrug deb ntawm lwm tus (cais nyob ib leeg) rau li ntawm 10 hnub THIAB kom txog txij koj tsis tau ua npaws li ntawm 24 xaub moos thiab koj yeej mloog tau li zoo mob lawm.
- Yog tias koj tau mus nyob ze ib tug neeg uas mob COVID-19 (piv txwv li, ib tug neeg uas nyob nrog koj, koj ua haujlwm nrog lossis mus kawm ntawv nrog), nyob twj ywm tsev thiab nrug deb ntawm lwm tus (cais nyob tsev) rau li ntawm 14 hnub.
- Yog xav paub ntxiv, mus xyuas nyob hauv: Cov Neeg Mus Nyob Ze Thiab Soj Qab Kev Sib Kis: COVID-19 ([www.health.state.mn.us/diseases/coronavirus/close.html](http://www.health.state.mn.us/diseases/coronavirus/close.html)).

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## Kawm ntxiv

- **Kev Pab Rau Chaw Ua Haujlwm** - ib qho chaw uas tus los pav mus nrhiav paub ntxiv txog kev txhaj tshuaj rau nws cov neeg ua haujlwm (<https://mn.gov/covid19/vaccine/employer-toolkit/index.jsp>).
- **Kev Pab Rau Pej Xeem Zej Zog** - Yog tsim los pab qhia kom pej xeem neeg zej zog paub txog koob tshuaj COVID-19 (<https://www.health.state.mn.us/diseases/coronavirus/vaccine/communitytk.html>).
- **Duab Txhais Tawm** - ib qho chaw los rub tawm thiab luam tawm duab yais tawm uas muaj ua 10 Yam Ius uas neeg nqhuag hais tshaj nyob hauv Minnesota (<https://mn.gov/covid19/share-our-message/translations/index.jsp>).
- **Ntaub Ntawv Kev Pab Txog COVID-19** - Yog tsim los ntawm lub CDC los pab qhia pej xeem neeg zej zog (<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/toolkits/community-organization.html>).

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## Mus nyeem txog yam tshiab thiab yam tseeb txog COVID-19

- MDH Tus Kab Mob Khaus Lauv Nam 2019 (COVID-19) ([www.health.state.mn.us/diseases/coronavirus/index.html](http://www.health.state.mn.us/diseases/coronavirus/index.html))
- CDC: COVID-19 ([www.cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html))



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